













## Your Food Intake Results

Student ID#: \_\_\_\_\_

Student Name: \_\_\_\_\_

Food Groups	Good Job!	Needs Improvement!	Number of Servings Eaten per Day	Number of Servings /Day Recommended
Meats, dried peas, and beans	 Good Job!	 Needs Improvement!		2-3 servings
Milk products	 Good Job!	 Needs Improvement!		2-3 servings
Breads and Cereals	 Good Job!	 Needs Improvement!		6-11 servings
Vegetables	 Good Job!	 Needs Improvement!		3-5 servings
Fruits	 Good Job!	 Needs Improvement!		2-4 servings
Nutrient	Good Job!	Needs Improvement!	% of Total Calories from Fat	Recommended % of Total Calories from Fat
Fat	 Good Job!	 Needs Improvement!		Equal to or less than 30% of total calories

Food is fun and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

**EAT a variety of FOODS AND ENJOY!**